

Safe Sleep

- In 2006, 940 infants did not live to celebrate their first birthday. Sixty five of these babies died due to suffocation.
- My name is Janet Olszewski and I am the Director of the Michigan Department of Community Health.
- Making sure your infant is safe is something every parent wants to do and this includes safety while they sleep.
- In Michigan, most suffocated deaths for infants occurred because of unsafe sleep environments – four out five occurred in an adult bed, waterbed, couch, or recliner.
- Make sure your baby is happy and healthy. Place infants on their backs for EVERY sleep and don't share a bed with a baby – a safe crib near your bed is recommended.
- For more information on safe sleep visit our web site at www.michigan.gov/mdch. Help your infant be safe and healthy, especially when they are sleeping.